

Better Bodies

Waiver of liability/informed consent

“I, _____, have enrolled in a program of strenuous physical activity including, but not limited to aerobic, weight training, the use of various aerobic-conditioning machinery and equipment. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program.”

“In consideration of my participation in Better Bodies exercise program, I _____ for myself, my heirs and assigns, here release Henriette Steffensen from any claims, demands and cause of action arising from my participation in the exercise program”

“I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment are a potentially hazardous activity if used improper. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of dangers involved. I hereby agree to expressly assume and accept any and all risk of injury. (Please initial) _____

“I fully understand that I may injure myself as a result of my participation in the Better Body exercise program and I, _____, hereby voluntarily release Henriette Steffensen from any liability now or in the future including, but not limited to, heart attack, muscle strains,, pulls or tears, shin splints, heat prostration, knee/lower back/foot injury, and any other illness, soreness or injury that may be caused by my participation in this exercise program. (Please Initial) _____

Signature

Date

I hereby affirm that I have read and understand the above

Signature

